



SAFER

Post-Test Questions

Choose the correct answer.

1. Process S reflects:
 - a. The somnolence drive and is highest at 4 AM
 - b. The sleepiness drive and increases as time awake increases
 - c. The status drive and increases as melatonin levels decrease
 - d. The serotonin drive and increases as stress levels decrease
 - e. The sensory drive because it decreases as sensory stimulation decreases
2. The circadian rhythms of temperature, short term memory, cognitive performance and subjective alertness:
 - a. All reach a low in the early morning hours
 - b. Are lowest in the mid-afternoon post lunch period
 - c. Are driven by the temperature rhythm, with the other rhythms reaching a low at noon
 - d. Are rarely in synchrony, leading to poor judgment at mid-morning
 - e. Have no relationship to each other
3. In studies of vigilance tasks during chronic sleep restriction, 12 days with no more than 4 hours of sleep per night is equivalent to:
 - a. 12 days of total sleeplessness
 - b. 12 days with no more than 6 hours of sleep per night
 - c. 4 days missing 1 hour of sleep per night
 - d. 3 days with no more than 4 hours of sleep per night
 - e. 3 days of total sleeplessness
4. During chronic sleep restriction, performance score decreases:
 - a. Are always tightly correlated with subjective sleepiness estimates
 - b. Reach a stable level after 2 days of sleep restriction
 - c. Are not associated with a similar level of subjective sleepiness increases
 - d. Lag behind increases in subjective sleepiness estimates
 - e. Are random over time
5. On average, medical residents asked to complete the Epworth Sleepiness Scale score:
 - a. Higher than any known sleep disorder
 - b. Well within the normal range
 - c. At a level similar to patients with insomnia
 - d. In the abnormal range
 - e. Fully alert at all times of day

6. In a research study using a vigilance task, scores after 7 days of having sleep restricted to 3 hours per night:
 - a. Were better in older subjects than in younger subjects
 - b. Reached a plateau at 3 days
 - c. Were the same in younger subjects as at baseline
 - d. Reached a plateau in younger subjects but not in older subjects
 - e. Showed no age differences

7. Medical residents:
 - a. Appear to be immune to sleep disorders
 - b. Have a high prevalence of insomnia but rarely have other sleep disorders
 - c. Are not immune to sleep disorders
 - d. Have sleep disorders but they don't result in sleepiness due to high stress levels
 - e. Rarely have risk factors for sleep apnea such as obesity

8. One strategy for reducing or eliminating negative associations with the bedroom is to:
 - a. Watch sports or game shows but not crime dramas in the bedroom
 - b. Keep a night light on in the bedroom
 - c. Use the bedroom only for sleep
 - d. Take a bath prior to bedtime
 - e. Eat a favorite food in the bedroom prior to sleeping

9. Caffeine:
 - a. Has little or no effect on performance
 - b. Is an excellent stimulant because tolerance is not a problem
 - c. Has been shown to reduce performance errors at night in shift workers
 - d. Can be used at high doses without significant side effects
 - e. Has a short half life and can be used just before bedtime with no significant effects on subsequent sleep

10. Taking a nap prior to a night shift:
 - a. Results in lingering grogginess and poor performance
 - b. Has no effect on subsequent performance
 - c. Improves performance in the first 2 hours of shiftwork but not after that
 - d. Improves performance throughout the night shift
 - e. Worsens performance in the first 3 hours but then improves performance